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THE

# NABOB'S COOKERY BOOK.

A

Manual of East and West Indian Recipes.

By P. O. P.

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"And ginger shall be hot in the mouth, too."—SHAKSPEARE.

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\* \* Eastern readers will be aware that the correct rendering of the title "Nabob" is "*Nawab*," but we have preferred retaining the time-honoured word as being more intelligible to the general public.

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## CONTENTS.

---

1. Mulligatawny.
2. Mulligatawny Soup.
3. Currie Soup.
4. Cocoa Nut Soup.
5. Vegetable Mulligatawny.
6. Lord Clive's Currie.
7. Malay Currie.
8. Kebobbed Currie.
9. Dry Currie.
10. A Madras Currie.
11. A Bengal Currie.
12. J. P.'s Currie.
13. Our Currie.
14. Mrs. W.'s Currie.



## CONTENTS.

---

15. Curried Sweetbreads.
16. Lobster Currie.
17. Prawn Currie.
18. Curried Sole.
19. Curried Cod.
20. Hard Egg Currie.
21. Vegetable Currie.
22. Captain J.'s Currie Powder.
23. Currie Powder, No. 2.
24. To boil Rice for Currie.
25. Pillau.
26. Pish Pash.
27. Madras Anchovy Toast.
28. Chutney, No. 1.
29. Chutney, No. 2.
30. Devil Pot.
31. Chili Vinegar.
32. Carrack.
33. A Relish.
34. Hot Vinegar.



## CONTENTS.

---

- 35. The Epicure's Sauce.
- 36. Cayenne Vinegar.
- 37. Eschalot Vinegar.
- 38. Tippoo's Sauce.
- 39. West Indian Mandram.
- 40. Indian Pickle.
- 41. Cocoa Nut Pudding.
- 42. Yam Pudding.
- 43. Orange Pudding.
- 44. Cocoa Nut Cakes.
- 45. Cocoa Nut Biscuits.
- 46. Preserved Pine.
- 47. Preserved Peaches.
- 48. Imitation Preserved Ginger.
- 49. Preserved Cucumbers or Melons  
(an excellent imitation of an  
Eastern Preserve).
- 50. English Guava Jelly.







# THE NABOB'S COOKERY BOOK.

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## INTRODUCTION.

THERE is a saying that although Providence sends in their natural state the meat and other provisions which are to sustain us, yet the cooks themselves who are to prepare these good things for our consumption, are supplied by a certain "old gentleman" who shall be nameless.



## INTRODUCTION.

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And certainly when we see not only our best and choicest delicacies, but even the most simple and everyday viands, so ill prepared and badly served, we are led to think that there may be some truth in the old adage.

I believe that cooks, like poets, are "born, not made," and that if they have not a real vocation to their calling, in vain may they toil over spit or stewpan; they may work till "Time is out of joint," but only to find their "roast" or "boiled" most completely "cut" by every one, and with only the very doubtful consolation to boast of, of hearing their "entrée" or made dish pronounced a *perfect* "hash." An innate love of the culinary art will make a cook independently of any



## INTRODUCTION.

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books, but as of course no one can prepare new, or foreign dishes, without some special directions, I have been induced to select the following recipes for those who, having lived in India, have acquired, and still cherish, a love of curries, and other highly-seasoned dishes.

I might have made this little Manual much larger, had I entered into the preparations of those fruits and vegetables, which are only grown in the Indies, and not imported into this country, but I have thought this useless, and have therefore been careful in introducing only those which can easily be procured in England. I have also added a few instructions for preserves which,



## INTRODUCTION.

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although made of English fruit, will be found an excellent imitation of those prepared in the East and West Indies.





## MULLIGATAWNY.

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### I.

#### *Mulligatawny.*

Take a fine fowl, cut it up and put it into a pan with two quarts of cold water, let it simmer until all the juice of the meat is extracted, then strain it, and when cold, put to the liquor two chickens, cut as for a fricassee, two tablespoonfuls of currie powder, one sliced onion and a clove of garlic, a little salt, the juice of a lime or small lemon, a piece of butter mixed with a little flour, and a wineglassful of Madeira. When ready to dish up, which will be in about three-quarters of an hour, throw in a little fried onion. Serve rice with it, but in another dish.



## MULLIGATAWNY SOUP.

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The chickens must be fried a nice brown before they are put into the soup.

2.

### *Mulligatawny Soup.*

Skin, and cut up a rabbit or fowl into small joints, and brown them in a frying-pan, then put them into a stewpan with five fried onions, a *small* piece of garlic, and three pints of stock, into which you have previously mixed two tablespoonfuls of currie powder. Simmer gently for two hours, then add one ounce of pounded almonds, which mix well, and a little lemon or mango juice, with a good lump of butter and salt to taste. Serve very hot and send up a large dish of boiled



## CURRIE SOUP.

---

rice with it ; or the rice may be put *into* the soup, if preferred.

### 3.

#### *Currie Soup.*

Mince small, three or four onions according to their size, put them into a saucepan with two ounces of butter ; dredge in some flour, and fry them of a light brown, taking care not to burn them : rub in by degrees a large table-spoonful of currie powder till it is quite a paste, gradually stir in three table-spoonfuls of gravy soup, mixing it well together ; boil it gently until it is well flavoured with the currie powder, strain it into another saucepan, and add a fowl



## COCOA NUT SOUP.

---

skinned and cut into small pieces, stew it slowly for an hour, take out half a pint of the soup and stew in it a large tablespoonful of tamarinds, until you can easily take away the stones; strain, and stir into the soup; boil all together for a quarter of an hour. Serve rice with it.

### 4.

#### *Cocoa Nut Soup.*

Put three ounces of finely-grated cocoa nut (omitting the dark rind) to three pints of veal stock; boil it gently for an hour; then mix with a little cold stock, enough corn or rice flour to make the soup sufficiently thick; season to taste; add half a pint of cream, and simmer all



## VEGETABLE MULLIGATAWNY.

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together for about a quarter of an hour. Nutmeg or mace may be added if liked.

### 5.

#### *Vegetable Mulligatawny.*

Put a quarter of a pound of butter into a frying pan, and *slightly* brown it; then pour it into a large saucepan; add two or three small vegetable marrows cut up and freed from seeds, two large onions, three or four acid apples peeled and cored, two or three tomatos, if in season, and a cucumber cut up, taking care not to put any of the seeds in. Stew these gently until tender, then add a tablespoonful and a half, or two table-spoonfuls, of currie powder, and salt to



## LORD CLIVE'S CURRIE.

---

taste. Let this simmer about a quarter of an hour longer, adding sufficient good stock to cover it; reduce it all to a pulp, and press it through a sieve. Put the liquid into a fresh saucepan, with as much fresh stock as will make it the required *thinness*; add a squeeze of lemon juice, if liked, and serve the soup as hot as possible.

### 6.

#### *Lord Clive's Currie.*

Take six sliced onions, one green apple, and a clove of garlic; stew them to a pulp in a little good stock; then add one teaspoonful of currie powder, a few tablespoonfuls of stock, a salt-spoonful of salt, and the same quantity of Cayenne



## MALAY CURRIE.

---

pepper. Add to this gravy any kind of uncooked meat cut into small pieces, adding a piece of butter the size of a walnut, rolled in flour. Stew slowly for two hours and a half.

7.

### *Malay Currie.*

Blanch two ounces of almonds ; fry them in a little butter until they are brown, but do not let them burn ; pound them to a cream with an onion and the rind of half a lemon. Mix a dessert-spoonful of currie powder with half a pint of water, and put this with the almonds into a stewpan, with a chicken cut up into joints. Let it simmer gently for nearly an hour ; then add a teacup-



## KEBOBBED CURRIE.

---

ful of cream ; let it nearly boil ; squeeze into it the juice of a lemon, and serve up.

### 8.

#### *Kebobbed Currie.*

Cut up some apples and onions into slices, and some uncooked veal into round slices the same size ; have ready some small skewers (silver ones if you have them), and put upon each skewer twelve slices of meat, apples, and onions, alternately. Sprinkle well over them some currie powder, and fry them in a stew-pan, with sufficient butter to cover them. Send to table without removing the skewers.



## DRY CURRIE.

---

9.

### *Dry Currie.*

Melt two ounces of butter in a frying pan until it is a little burnt ; mix with it a tablespoonful of currie powder, and let it fry till brown ; then put it with *very* little stock into a saucepan ; cut up your fowl, or any *uncooked* meat, into pieces ; add a little onion, cut very small, three cloves, a small piece of *stick* cinnamon, three cardamom seeds, and two bay leaves. Let all simmer together for two hours or longer. Be particular only to put very little stock, as there should be no gravy when served up.



## A MADRAS CURRIE.

---

10.

### *A Madras Currie.*

Skin a fowl; cut it up into small joints, and fry it in butter a light brown. Put it into a saucepan with two table-spoonfuls of currie powder, the juice of a lemon, half a cocoa nut, *finely* grated, a teaspoonful of salt, a little fried onion, and a clove of garlic. Let it simmer slowly for three hours, adding a thickening of butter and flour, just before it is sufficiently cooked. Be particular to get a good cocoa nut.



## BENGAL CURRIE.

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### 11.

#### *A Bengal Currie.*

Wash and cut up into pieces, about an inch square, two pounds, or rather less, of good mutton. The best for the purpose are cutlets from the leg, as there must not be any bone nor fat. Put the pieces of meat into a stewpan ; add an onion previously fried in butter, and a clove of garlic, chopped fine ; sprinkle over the meat one tablespoonful (or *two* if the currie is required to be very hot) of currie powder ; brown two ounces of butter in a frying-pan, and pour it over the meat, add sufficient good gravy to cover it, and let it stew gently for two



## J. P.'S CURRIE.

---

hours ; then add some tamarind juice, or lemon to give the required acid. Thicken the gravy and serve.

Rabbits make a very good currie ; they should be skinned and cut up into small joints, well washed, and every particle of fat carefully removed.

### 12.

#### *J. P.'s Currie.*

Put a fowl, previously cut up into small joints, into a stewpan with two ounces of butter, and three sliced onions ; let it stew until the meat has acquired a nice brown colour, but do not allow it to get black, and add one pint of boiling stock. Mix one tablespoonful of currie powder



## OUR CURRIE.

---

and the same quantity of flour, with a little cold water into a smooth paste, and put this into the stewpan. Peel and slice two sour apples (taking out the core), which add to the fowl, and other ingredients. Let all stew gently, for at least an hour; squeeze into it the juice of half a lemon and serve.

### 13.

#### *Our Currie.*

Take a moderate sized fowl, and after skinning it, and cutting it up, put it into a stewpan, with one sliced onion, and another previously fried brown, one clove of garlic, one teaspoonful of salt, one tablespoonful and a half of currie powder, and the juice of one lemon, or one table-



spoonful of vinegar. Add a small piece of mint. Cover the meat with water or gravy, and let it stew very slowly for an hour and a half; then add a quarter of a pound of butter, and let it stew an hour and a half more.

14.

*Mrs. W.'s Currie.*

Take a piece of butter twice as big as a walnut, fry it with a rather large onion cut into thin slices; then cut up a fowl into joints, and put it into a stewpan with a fried onion. Simmer it for a quarter of an hour, then add two or three chopped apples, and as much water or gravy as will cover it. Let it stew slowly for an hour. Take a table-



## CURRIED SWEETBREADS.

---

spoonful of currie powder, and a dessert-spoonful of dry mustard, mix them together with milk into a liquid, and pour it into the stewpan, add half a tea-cupful of vinegar, the juice of a lemon, and a little salt. Simmer it for half an hour, skim it well, and then serve it up.

### 15.

#### *Curried Sweetbreads.*

Have ready some good veal gravy, add to it a very small quantity of fried onion, a tablespoonful of vinegar or the juice of a lemon, the same quantity of currie powder, and salt to taste; rub two ounces of butter into enough flour to make this gravy (which ought to be about three-quarters of a pint) a proper



## LOBSTER CURRIE.

---

thickness. Cut up two or three sweet-breads into pieces about two inches square, stew them gently in the gravy until sufficiently cooked, and serve.

16.

### *Lobster Currie.*

Fry two onions in half an ounce of butter, until they are nicely browned. Mix one tablespoonful and a half of currie powder, with half a pint of good gravy, and put this with the fried onions into a stewpan; then take the meat from a large lobster, cut it into rather small pieces, and add it to the gravy and onions with a tablespoonful of vinegar or lemon juice. Simmer slowly for about half an hour, and serve.



## PRAWN CURRIE.

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17.

### *Prawn Currie.*

Mix one tablespoonful of currie powder and one teaspoonful of flour, with a little water, into a smooth paste; then stir it into half a pint of good stock or gravy soup. Add a large onion, sliced and fried, and simmer it in a stewpan until it thickens. Have ready two dozen large prawns, taken whole from their shells, and put them into the stewpan, simmer for a quarter of an hour, stirring occasionally, care being taken not to break the prawns; then add two ounces of butter, and a tablespoonful of vinegar, and simmer for a quarter of an hour longer.



## CURRIED SOLE AND COD.

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18.

### *Curried Sole.*

Take a filleted sole, a large thick one, cut it into pieces, not too small, lay them in vinegar for an hour. Have ready some gravy, prepared with fried onions and currie powder, as for prawn currie; add to it the pieces of sole, and a large lump of butter, about two ounces. Simmer gently for half an hour, or rather longer if the sole is thick.

19.

### *Curried Cod.*

Take a piece of cod, pull it into large flakes, and fry it till brown; put this into a stewpan, with half a fried onion.



## HARD EGG CURRIE.

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Pour over it sufficient good stock to cover it; add a teaspoonful of currie powder, and two ounces of butter, with salt to taste; also the juice of half a lemon. Simmer for a quarter of an hour, or until the fish is cooked, thicken the gravy, and serve.

20.

### *Hard Egg Currie.*

Slice two onions, and fry them in butter, boil them with a tablespoonful of currie powder in a pint of good stock until quite cooked; then add a cup of cream, and thicken with arrowroot or rice flour. Simmer it slowly for a few minutes, adding six or eight hard boiled eggs cut into slices. Heat the eggs thoroughly, but do not let them boil.



## VEGETABLE CURRIE.

---

21.

### *Vegetable Currie.*

Peel and cut up in square pieces, four large potatoes, and fry them in butter until they are a light brown colour, put them into a stewpan with a pint of brown gravy, one raw onion, and one previously fried, half a small vegetable marrow cut into pieces, a handful of green peas, the same of French beans, and a few slices of cucumber; add one tablespoonful and a half of currie powder, a tablespoonful of vinegar, and salt to taste. Simmer very slowly, stirring carefully from time to time until the vegetables are nearly cooked, then add a quarter of a pound of



## CURRIE POWDER.

---

butter mixed with a teaspoonful of flour to thicken the gravy, and simmer again until the vegetables are sufficiently cooked but not *broken*. A small piece of mint is by some considered an improvement.

22.

### *Captain J.'s Currie Powder.*

One ounce and a half of cardamoms, six ounces of coriander seed, three ounces of black pepper, one ounce of cayenne, one ounce and a half of cummin seed, three ounces of pale turmeric, one ounce of cloves, one ounce of cinnamon, and one ounce and a half of fenugreek.



## CURRIE POWDER.

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23.

### *Currie Powder, No. 2.*

Half an ounce of cayenne, one ounce of mustard, half an ounce of black ground pepper, half an ounce of salt, a quarter of a pound of turmeric, a quarter of a pound of coriander seed, one ounce of pounded cinnamon, one ounce of ground ginger, two ounces of fenugreek, and a quarter of an ounce of allspice.

24.

### *To boil Rice for Currie.*

Wash the rice in several waters, then leave it in a basin of cold water to soak for two or three hours. Have ready a saucepan full of water, with a little salt



## TO BOIL RICE.

---

in it. When the water boils, drain the rice and put it into the saucepan ; let it boil very quickly for about seven minutes, then pour it into a colander, and place the colander on the top of the saucepan, that the water may quite drain off. The rice ought to be stirred with a fork that the grains may be separated. It ought to be boiled in a large quantity of water, and it will be sufficiently cooked when the grains become a little soft, and *over done* if they at all stick together. Rice should always be served in a separate dish from the currie.



## PILLAU.

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25.

### *Pillau.*

Wash two pounds of rice, boil it in a little water with half a pound of butter, some salt, peppercorns, cloves, and mace. Keep the saucepan closely covered until the rice is sufficiently cooked. Have ready a pound and a half of bacon, and two fowls nicely boiled. Place the bacon in the middle of a dish, and the fowls on each side ; cover over with the boiled rice, and garnish with hard boiled eggs and fried whole onions.



## PISH PASH.

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26.

### *Pish Pash.*

Put half a fowl into a saucepan with about a quart of water, let it boil to rags, then strain off the meat, and to the liquor add the other half fowl cut up into joints, half a teacupful of rice, a blade or two of mace, and pepper and salt to taste. Let this stew until the fowl is very tender and nearly all the gravy is absorbed, then send to table.

27.

### *Madras Anchovy Toast.*

Put a piece of butter the size of an apple upon a very hot plate, add the well-beaten yolks of two eggs, cayenne pepper to taste, half a teaspoonful of white wine,



## CHUTNEY SAUCE.

---

or a teaspoonful of beer, and a table-spoonful of anchovy paste. Mix well, soak hot toast in it, and serve very hot. The toast should not be cut too thin. This is the recipe by which the officers of the Madras army prepare their celebrated anchovy toast.

28.

### *Chutney, No. 1.*

Put into a large basin or pan, half a pound, or a little more, of raisins stoned and cut in halves, two onions, one garlic, one eschalot, and about twenty chilies well pounded in a mortar ; then add half a pound of mustard, a quarter of a pound of fine ginger, and a quarter of a pound of salt, or not quite as much ;



## CHUTNEY SAUCE.

---

peel and slice one pound of sour apples, put them in a jar with a pint of vinegar ; cover the jar well, and put it into the oven and bake until the apples are rather soft. When they are cold, add them to the other ingredients with one pound of brown sugar previously boiled to a syrup, or the same quantity of treacle or golden syrup, and about three pints of vinegar, including the quantity the apples were baked in. Stir all the ingredients well together, and bottle for use.

29.

### *Chutney, No. 2.*

Stone and cut up into rather large pieces, a quarter of a pound of pudding raisins ; add to these, a quarter of a pound



## CHUTNEY SAUCE.

---

of apples chopped in small pieces, the same quantity of moist sugar, and chopped tomatos from which you have taken the seeds, two ounces of tamarinds, a tablespoonful of salt, ditto of cayenne, a teaspoonful of ground ginger, two large onions chopped fine, very little chopped lemon peel, a pint of lemon juice, and one quart of vinegar; mix all these ingredients well together, then put them into a jar, well covered. Stir the mixture every day for four or five weeks, and if at the end of that time it is too thin, pour enough of the liquid away to make it of a proper thickness, but not dry, bottle the chutney in bottles or jars for use.



## DEVIL POT.

---

30.

### *Devil Pot.*

To three quarts of the best vinegar, put eight ounces of salt, two ounces of ginger, half an ounce of mace, a quarter of a pound of eschalots, one ounce of white pepper, one ounce of mustard seed, and half a tablespoonful of good cayenne pepper ; boil it all together and when cold put it into a jar ; gather any fruits or vegetables you like, wipe them clean and put them into your pickle, secure the jar closely by tying leather and a bladder over it.



## CARRACK.

---

31.

### *Chili Vinegar.*

Chop, and pound in a mortar four dozen fresh chilies, and put them into a bottle with a pint of strong vinegar ; shake the bottle every day, and in three weeks it will be ready for use.

32.

### *Carrack.*

Chop eight pickled walnuts and one head of garlic, put these into a large jar ; add walnut vinegar, soy, and mushroom catsup, of each half a tumblerful, a tablespoonful of Harvey sauce, and one quart of vinegar ; put the jar in a dry place, and shake it every day for a month ; a few spoonfuls of mango pickle is a great improvement.



## HOT VINEGAR.

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33.

### *A Relish.*

Take of cayenne, ground ginger, black pepper, cinnamon and mace each one quarter of an ounce; of white pepper and grated nutmegs one ounce, and half a teaspoonful of ground cloves; mix well and put into a bottle; it will be found a great addition to soups and gravies, and mixed with a little vinegar to form a paste will make a delicious sauce for cold meat, steaks, &c.

34.

### *Hot Vinegar.*

Chop fine two cloves of garlic, put this into a bottle, with a pint of vinegar, a tablespoonful of Worcester sauce, a tea-



## THE EPICURE'S SAUCE.

---

spoonful of salt, an ounce of ground white pepper, and half an ounce of cayenne. Shake it up well, then let it remain for a month. Strain it through fine muslin and bottle it in small bottles, which should be well corked down.

35.

### *The Epicure's Sauce.*

Chop fine, one capsicum, two eschalots, and one or two bird's-eye chilies ; add two tablespoonfuls of port wine, six tablespoonfuls of mushroom catsup, two of soy, and two of walnut catsup, half a teaspoonful of cayenne, and the same quantity of white pepper ; put all into a bottle, which place in a warm place for two or three weeks, then strain, and add half a pint of vinegar.



## CAYENNE AND ESCHALOT VINEGAR.

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36.

### *Cayenne Vinegar.*

Put half an ounce of Cayenne pepper into a bottle with a pint of white wine vinegar, cork it tightly, and shake it well for a few days; it will be soon ready for use.

37.

### *Eschalot Vinegar.*

Put into a quart bottle nearly full of vinegar, five ounces of eschalots which have been well bruised, and add half a teaspoonful of Cayenne pepper, cork the bottle well, shake it up, and then leave it for a fortnight; at the end of this time, strain it through fine muslin, and bottle it again.



## WEST INDIAN MANDRAM.

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38.

### *Tippoo's Sauce.*

Put into a saucepan the juice of four lemons, a few pieces of lemon peel, a small quantity of salt, a little tamarind juice, and half a teaspoonful of Cayenne pepper ; simmer this for a few minutes, and turn it into a basin. Strain through a fine strainer when cold, and then bottle it into small bottles, which should be well corked, and kept in a place free from damp.

39.

### *West Indian Mandram.*

Peel a small cucumber and mince it up very small, peel one or two spring onions, throw them into boiling water for a few



## INDIAN PICKLE.

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minutes to make them milder, and then chop them up, and add them to the cucumber with a little salt and cayenne, the juice of a lemon, or a little vinegar, and half a glass of sherry ; mix well together. This is to be made fresh as required, and sent to table as a sauce to chops, steaks, &c.

40.

### *Indian Pickle.*

The vegetables required for this pickle are cauliflowers, French beans, peas, gherkins, small onions, capsicums, bird's-eye chilies, garlic, eschalots, the white hearts of the summer cabbage, and a few tomato *skins*, as the brightness of colour



## INDIAN PICKLE.

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improves the appearance of the pickle when bottled. If all these vegetables can be collected at the same time, it will be better, or if not, they can be pickled as soon as gathered. The vegetables having been first washed with vinegar and dried, must be put on large dishes, sprinkled over with salt, and left for twenty-four hours ; then they must be dried carefully and put into a large jar. Boil as much vinegar as will be required to cover them, putting to each quart of vinegar one tablespoonful and a half of currie powder (or *two* if the currie powder is not very hot), and an ounce of mustard seed. Pour this vinegar *boiling* over the vegetables, and when cold tie the jar down, and leave it for twelve hours or longer. Then turn the vege-



## COCOA NUT PUDDING.

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tables out of the jar into a large basin, and put them, free of liquid, into smaller bottles for use, taking care to place the tomato skins at the sides of the bottles. When all the bottles or jars are filled, boil the vinegar again, adding more, and currie powder in proportion, if you have not enough to fill every bottle quite full, and pour it boiling hot over the vegetables in the bottles. When cold, tie down with bladders ; it must be kept a year, and will then be found excellent.

41.

### *Cocoa Nut Pudding.*

Procure an exceedingly fresh cocoa nut, and after removing the dark rind, grate it very finely. Chop up an ounce of



## YAM PUDDING.

---

candied citron very small, and grate the rind of half a lemon ; put these ingredients into a basin, adding to them a quarter of a pound of sifted white sugar ; oil over the fire two ounces of fresh butter, and pour it over the other ingredients ; mix well, and put to them the yolks of three or four eggs ; add a squeeze of lemon, and pour into a tart dish lined with paste, and bake in a slow oven.

42.

### *Yam Pudding.*

Take a moderate sized yam, and boil it until it is soft ; then peel it and beat it fine with half a pound of butter, half a pound of sugar, and a little cinnamon ;



## ORANGE PUDDING.

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beat up eight eggs, leaving out four whites, with a little orange flower water ; put the mixture into a buttered dish, and bake it.

43.

### *Orange Pudding.*

Peel and quarter four oranges, take out the pips, stew them until quite soft, beat them in a basin with a quarter of a pound of butter, a little grated orange peel, a few bread crumbs, and the well beaten yolks of four eggs ; sweeten to taste, pour it into a pie dish, and bake in a gentle oven.



## COCOA NUT CAKES.

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44.

### *Cocoa Nut Cakes.*

Grate a fresh cocoa nut, and leave it to dry ; add to it a few sweet almonds and one bitter almond, also grated, two or three ounces of sifted white sugar, and sufficient well-beaten white of egg to make the whole into a stiff paste ; roll it into round balls, and bake on a greased tin until they are quite dry, and the top of them *slightly* browned. Then put them off on to a cold dish.

45.

### *Cocoa Nut Biscuits.*

Three quarters of a pound of grated cocoa nut, the same quantity of pounded



## PRESERVED PINE.

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loaf sugar, and one teaspoonful of arrow root. Mix with one egg, and bake on buttered papers.

46.

### *Preserved Pine.*

Make a syrup with one pound of white sugar to a quarter of a pint of water; boil it until it becomes clear, skimming it carefully. Have ready a pine apple peeled and cut into slices; when the syrup is ready and boiling, put in the slices of pine, and simmer for about three quarters of an hour. The fruit ought to look almost transparent, but care must be taken not to break it, which may happen if it boils too quickly. Put into glasses or jars, and when cold tie down.



## PRESERVED PEACHES.

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47.

### *Preserved Peaches.*

Make a strong syrup, which boil and skim well. Have ready some fine peaches, gathered before they are *over* ripe; rub the lint off them carefully with a cloth; then take a needle and run it down the seam of each peach to the depth of the skin, and place them in a jar, covering them with good brandy, and let them remain two hours; take them out and put them into a preserving pan, so that each may lie *singly*. Pour the syrup over them, and boil them until they look clear, but be careful not to break them. Remove the peaches with a spoon into glasses, and when the syrup is cold,



## IMITATION PRESERVED GINGER.

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mix it with the brandy and pour it on the peaches. The glasses must be well tied down with a bladder, and the air carefully excluded, or the peaches will turn black.

48.

### *Imitation Preserved Ginger.*

Make a syrup with one pound of loaf sugar to four pints of water. Peel a vegetable marrow, remove the seeds and pulp, and cut it into pieces two or three inches in length. Pour the syrup over the vegetable marrow, and let it remain two or three days. Then drain it from the syrup, and to each pound of marrow add the juice of one, and the peel of half a lemon, half an ounce, or rather more, of white Jamaica



## PRESERVED MELONS.

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ginger (sliced), one pound of loaf sugar, and a quarter of a teaspoonful of cayenne pepper. Boil all this together until the marrow is tender and looks clear. The cayenne may be put into a muslin bag and so boiled, being removed after the preserve is cooked, if the pungency of the pepper be objected to.

The stalks of Cos lettuce run to seed, peeled, and prepared in the same way, make quite as good a preserve as the vegetable marrow.

49.

*Preserved Cucumbers or Melons, an excellent imitation of an Eastern Preserve.*

Take large cucumbers or melons, such as are green, put them into a jar of strong



## PRESERVED CUCUMBERS.

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salt and water, with vine leaves on the top, set them by the fireside until they turn yellow, then wash them, and put them on a slow fire in alum and water, covered with vine leaves ; let them boil till they become green, take them off and leave them in the liquor until they are cold, then quarter them and take out the soft part, and seeds, if there are any ; put them in cold spring water, changing it twice a day for three days. Have ready a syrup made as follows :—To one pound of loaf sugar add half an ounce of powdered ginger, and as much water as will moisten it ; boil it and skim it well ; when it is quite free from scum and boiling fast, add the juice and rind of a lemon. When this syrup is quite cold pour it over the



## ENGLISH GUAVA JELLY.

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cucumber or melon. Should the syrup be too thin after standing two or three days, boil it again with a little more sugar. A spoonful of rum gives it the West Indian flavour. One ounce of alum when pounded will be sufficient for a dozen melons of tolerable size. Gherkins may be preserved in the same way.

N.B.—This is a most delicious preserve.

50.

### *English Guava Jelly.*

Take the stalks off some very fine blackberries, and boil them in a preserving pan until all the juice is extracted, pressing them with a wooden spoon; then strain through muslin, and to every



## ENGLISH GUAVA JELLY.

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pint of juice add three quarters of a pound of loaf sugar; boil for half an hour or longer, until it becomes a firm jelly, which you may know by dropping some of it on a plate to cool. It must be carefully skimmed whilst boiling.





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